

# Cheat Sheet for Women’s Cancer Screenings and Good Health

CDC supports screening for breast, cervical, colorectal (colon), and lung cancers as recommended by the U.S. Preventive Services Task Force. This “cheat sheet” lists the different types of cancer screenings that are available to women. But remember, there’s more to your health than just cancer screenings. Yearly well-woman exams give you the opportunity to talk to your doctor about your family health history, and ask about tests you may need for other diseases or conditions such as diabetes, osteoporosis, high blood pressure, or cholesterol.

Type of Cancer	Screening Method	When to Get Screened*
Breast cancer	Mammogram	If you are 50 to 74 years old, get a screening mammogram every two years.
Cervical cancer (two choices)	Pap test (Pap smear) only	If you are 21 to 65 years old, you can get a Pap test every three years.
	HPV test combined with a Pap test	Or if you are 30 to 65 years old, you can get a Pap test and an HPV test every five years.
Colorectal (colon) cancer	Colonoscopy, sigmoidoscopy, or fecal occult blood testing (FOBT)	If you are 50 to 75 years old, get tested. The schedule depends on the type of test used.
Lung cancer	Low-dose CT scan	If you are 55 to 80 years old and are a heavy smoker or a past smoker who quit within the last 15 years, get a low-dose CT scan every year.

\*Talk with your doctor about when and how often you should be screened. Depending on your personal health history, family health history, or screening results, your doctor may recommend a different screening schedule.

Other Conditions or Diseases	Screening or Testing Method	When to Get Screened or Tested

## More Information

- [Cancer Screening Tests](http://www.cdc.gov/cancer/dcpc/prevention/screening.htm) www.cdc.gov/cancer/dcpc/prevention/screening.htm
- Blog post: [Overwhelmed by Too Much Health Advice?](http://blogs.cdc.gov/cancer/2016/05/16/womens-cancer-screening-cheat-sheet/) http://blogs.cdc.gov/cancer/2016/05/16/womens-cancer-screening-cheat-sheet/
- [Preventing Infections in Cancer Patients](http://www.cdc.gov/cancer/preventinfections/) www.cdc.gov/cancer/preventinfections/

